



Spring
RECIPE

1

Pasta Primavera



Ingredients:

- 1 cup **broccoli florets**
- 1 cup sliced **carrots**
- 1 cup sliced **zucchini**
- 1 cup **whole-wheat macaroni** or **noodles**, uncooked

Sauce:

- 1 tablespoon **flour**
- 1 tablespoon **butter** or **margarine**
- 1 cup **milk**
- ¼ teaspoon **dried basil**
- ⅛ teaspoon **black pepper**
- 2 tablespoons **grated Parmesan cheese**

Directions:

Rinse broccoli florets with cold water. Place broccoli florets and carrots in a steamer basket. Place steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil. Cover saucepan and steam broccoli florets and carrots approximately 2 minutes. Add zucchini and continue steaming all vegetables until tender-crisp, which should take about 2-3 more minutes. Cook whole-wheat macaroni or noodles according to package directions. In a small saucepan, melt butter or margarine, then blend in flour.

Gradually stir in milk, basil, and pepper. Cook over medium heat, stirring until sauce thickens. Remove from heat and blend in cheese. Pour sauce over hot vegetables. Add whole-wheat macaroni or noodles to vegetables and mix together.